of 100 for the professional athlete and a unitless value of 50 for the less capable user (i.e., the less capable user has a 50% value of the professional athlete). By setting RNG **916** to other values, the displayed output range of system **900** may be modified.

In one example of use, system **900** is formed as a wrist watch to facilitate attachment to a child's wrist. System **900**, when worn by the child, may then determine the child's activity level for the day. In another example of use, system **900** may be attached to a person's limb that is recuperating from injury (e.g., sporting injury, accident and/or operation etc.) such that system **900** may determine if the limb is receiving the right amount of activity to expedite recovery.

In another example of use, two skiers each use a system **900** when skiing for a day. The first skier, who is experienced and athletic, skis difficult ski runs (e.g., black double diamonds) all day, whereas the second skier is less experienced and skis easy runs (e.g., green runs) all day. At the end of the day, the first skier has a unitless activity value of 87 and the second skier has a unitless activity value of 12. Thus, these unitless activity values indicate the relative activity levels of each skier.

FIG. **10** shows a flowchart illustrating one process **1000** for determining and displaying a unitless value representative of a user's activity. Process **1000** may represent algorithms within software **905** of FIG. **9**, for example, to be executed by processor **904**. In step **1002**, process **1000** clears a period accumulator. In one example of step **1002**, processor **904**, under control of software **905**, clears period accumulator **918**. In step **1004**, process **1000** samples the detector to obtain data. In one example of step **1004**, processor **904** periodically samples detector **906** over a sample period to determine data representative of the user's activity for that period. In step **1006**, process **1000** processes the data of step **1004** to determine a number. In one example of step **1006**, processor **904** integrates power spectral density of acceleration sampled in step **1004** over the sample period of step **1004** to generate a number. In step **1008**, the number determined in step **1006** is added to the period accumulator. In one example of step **1008**, processor **904** adds the number determined in step **1006** to period accumulator **918**. In step **1010**, process **1000** determines a unitless activity value from the accumulator. In one example of step **1010**, processor **904** converts the accumulated value to a display value based upon MAX **914** and RNG **916**. In step **1012**, process **1000** displays the determined unitless activity value. In one example of step **1012**, processor **904** sends the determined unitless activity value to display **912** via wireless transmitter **913**. Step **1014** is a decision. If, in step **1014**, the activity period for display has ended, process **1000** terminates; otherwise process **1000** continues with step **1004**. Steps **1004** through **1014** thus repeat until the desired activity period is over.

Changes may be made to this application without departing from the scope hereof. It should thus be noted that the matter contained in the above description or shown in the accompanying drawings should be interpreted as illustrative and not in a limiting sense. The following claims are intended to cover all generic and specific features described herein, as well as all statements of the scope of the present method and system, which, as a matter of language, might be said to fall there between.

What is claimed is:

1. A method of assessing usage by a user of an electronic system comprising a detector and a processor, the method comprising:

detecting, with the detector, use data indicative of use of the electronic system by the user during a use period;

processing, with the processor, the detected use data to determine a number representative of the detected use data during the use period; and

generating, with the processor, a value based on a comparison of the determined number and an expected maximum number for the use period.

2. The method of claim **1**, further comprising:

prior to the generating, identifying a type of activity of the user performed during the use period; and

prior to the generating, identifying the expected maximum number for the use period based on the identified type of activity.

3. The method of claim **2**, wherein the identifying the type of activity comprises detecting at least one press of a button.

4. The method of claim **2**, wherein the identifying the type of activity comprises processing at least a portion of the detected use data.

5. The method of claim **1**, further comprising presenting the generated value to the user.

6. The method of claim **5**, further comprising repeating the detecting, the processing, the generating, and the presenting for a plurality of consecutive use periods.

7. The method of claim **1**, further comprising repeating the detecting, the processing, and the generating for a plurality of consecutive activity periods.

8. The method of claim **1**, wherein the processing the detected use data to determine the number comprises integrating power spectral density of acceleration data of the detected use data over the period of time of the use period.

9. The method of claim **1**, wherein the use period is at least eight hours.

10. The method of claim **1**, wherein the detected use data is indicative of a number of physical repetitions.

11. The method of claim **1**, wherein the value is based on an intensity of the use of the user during the use period.

12. The method of claim **1**, wherein the value is based on a length of the use period.

13. The method of claim **1**, wherein the detected use data is indicative of at least two different activities.

14. The method of claim **1**, wherein the generating the value comprises:

determining a ratio based on the comparison of the determined number and the expected maximum number for the use period; and

multiplying the determined ratio by a range number.

15. A system comprising:

a detector configured to detect movement data indicative of movement over a movement duration of time; and

a processor configured to:

determine a number representative of the detected movement data over the movement duration of time; and

generate a value based on the determined number and a maximum number for the movement duration of time.

16. The system of claim **15**, further comprising an enclosure that at least partially houses each one of the detector and the processor.

17. The system of claim **16**, wherein the enclosure is configured to be worn on a wrist of a user during the movement duration of time.

18. A method of assessing data, comprising:

detecting data;

sampling the detected data during a time period;